

## JULY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Baked Pork Chops Brown Rice Veggie Blend Jello / Fruit	2	3 Tribe Closed at Noon	4 	5 Tribe Closed	6
7	8 Tuna Casserole Wheat Bread Roasted Vegetables Jello/Fruit	9	10 Oven BBQ Chicken Roasted Potatoes Green Beans Fresh Fruit	11 Swiss Steak Mashed Potatoes Veggie Blend Fresh Fruit	12 Tamale Pie Spanish Rice Green Beans Fresh Fruit	13
14	15 Hotdog w/ Wheat Bun Chili Jello/Fruit	16	17 Make Your Own Taco Pinto Beans Spanish Rice Fresh Fruit	18 Baked Salmon Beans & Rice Roasted Veggies Fresh Fruit	19 Chicken & Dumplings Wheat Bread Fresh Fruit	20
21	22 Stuffed Peppers Brown Rice Carrots Jello / Fruit	23	24 Cheese Burgers Fries Relish Tray Fresh Fruit	25 Spaghetti Garlic Bread Green Beans Fresh Fruit	26 Grilled Cheese Sandwich Tomato Soup Fresh Fruit	27
28	29 Salisbury Steak Mashed Potatoes Peas Jello/Fruit	30	31 Bacon, Ham, Toast Scrambled Eggs, Breakfast Potatoes, Fresh Fruit	Crisp Green Salad & Milk Served Every Day. Wheat Bread as Need- ed.		